

TRAINING MATERIALS FOR COACHES MEETINGS

START WITH Y

GOAL: to emphasize that healthy snacking for youth sports aligns with the YMCA's mission, cause, and focus areas.

Explain why your association has chosen to take a stand with youth sports and healthy eating and how it bridges healthy living and youth development. Highlight that the YMCA wants to create an environment where young athletes can learn the skills to lead healthy lifestyles.

Discussion: What are the three focus areas of the YMCA? Under which area does youth sports nutrition fall? What is the YMCA's mission statement? What parts of the mission statement incorporate healthy eating?

BRAINSTORM HEALTHY HABITS

GOAL: to identify potential ways coaches can create structured time to encourage healthy eating.

Ask coaches to brainstorm ways they can encourage healthy eating for athletes; coaches do not have to be a nutritionist or dietitian to do so. For example, encourage water breaks during practices with water coolers, or use the team gathering time at the end of a game to discuss a character trait AND healthy lifestyle behaviors.

Choose any number of these discussion topics to help coaches understand the importance of healthy sports snacking.

HIGHLIGHT MATERIALS

GOAL: to explain how the resources included in this toolkit can be best used.

Review the necessary resources, emphasizing materials that are of the most use to the coaches but may be overlooked (ie. Talking with Parents, Sample Parent Letters, Social Media resources).

PARENT'S PERSPECTIVE

GOAL: to engage the coaches in conversation regarding motivating parents to bring healthy foods and beverages.

Facilitate discussion on how to champion these practices with parents of participants.

Discussion: What is your initial perspective about healthy sports snacking practices? What resources or conversations would be most helpful for you, as a parent, to adhere to these practices? How can we establish a unified approach to healthy snacking across our league?